

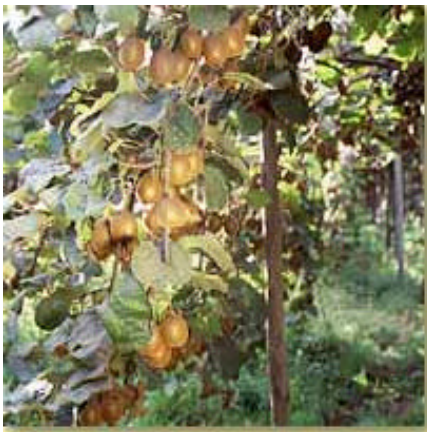


Kiwifruit

Of The Month

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Did you know that **kiwifruit** is more than 700 years old? Kiwifruit history began in the Yang-tse river valley in China, where it was called "Yangtao." The Yangtao was considered a delicacy by the court of the great Khans who cherished its delicious flavor and emerald-green color. The small, brown, fuzzy "Yangtao" fruit grew wild on vines that wrapped around trees. Between 1800 and 1900 knowledge of the fruit spread to other countries, and samples of the fruit and seeds were sent to England. In 1904 plant cuttings were brought to the United States (1999 Produce Availability and Merchandising Guide, The Packer. 1999). Seeds were sent to New Zealand in 1906, and the fruit was renamed the "Chinese Gooseberry (Wellness Encyclopedia of Food and Nutrition, 1992). New Zealand's "Chinese Gooseberry" variety was first shipped to the United States in 1962, where it was re-named "Kiwifruit" after New Zealand's national bird the "kiwi." In the 70's it was grown in California and available for the first time in supermarkets throughout the United States. Most kiwifruit imported to the United States comes from Chile and New Zealand. Kiwifruit is available



year-round.

Varieties: Kiwifruit can be medium or small in size, although most are small. They are brown and fuzzy on the outside and bright green on the inside with tiny black seeds. The shell or skin of the fruit can be eaten or peeled. Kiwifruit is a member of the botanical family Actinidia and there are 400 different varieties. Kiwifruit vines are trained to grow on a trellis, and vines can be as high as 15 feet.

This helps plants get enough light and air for optimal fruit quality. The fruit hangs down along the sides, like table grapes. The Hayward variety is the most popular U S variety. The flavor is a mixture of peaches, strawberries and melon with a soft and juicy texture. It's one of the most popular fruits today!

Nutrition Facts	
Serving Size 2 medium kiwifruit (148g)	
Amount Per Serving	
Calories 100 Calories from Fat 10	
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 16g	
Protein 2g	
Vitamin A 2%	Vitamin C 240%
Calcium 6%	Iron 4%

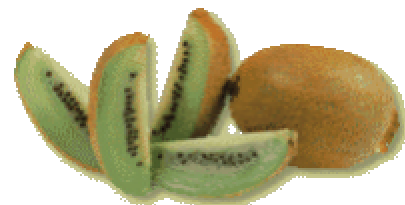
Kiwifruit is high in antioxidant vitamin C and a good source of fiber, vitamin E and potassium. It is fat free, sodium free and cholesterol free.



Selecting: Select kiwifruit with no bruises or soft spots. Avoid fruits with wrinkles or signs of exterior damage. Buy firm kiwifruit and let them ripen at home for a more juicy flavor. A kiwifruit is ripe when plump and slightly soft to the touch with a fragrant smell.

Storing: Ripen kiwifruit at room temperature for 3 to 5 days. If necessary, ripe kiwifruit can be stored in the refrigerator for up to 7 days. If they need to be stored longer, put kiwis in a plastic bag in the refrigerator for up to 2 weeks. The plastic bag helps reduce moisture loss so kiwifruit stays fresh longer. Did you know that putting kiwifruit near fruits that produce ethylene gas, such as apples, bananas or pears, will speed up the ripening process? So if you want to ripen kiwifruit quickly, put kiwi in a bag with these kinds of fruit for a day or two.

How to Eat: Did you know you can eat the fuzzy skin on the outside of the kiwifruit. The skin is very thin and just needs to be rinsed and rubbed lightly to dry. Then, cut in quarters like an orange and enjoy....skin and all! It's easy to peel kiwifruit. First, cut off the top and bottom ends, then peel down the sides with a vegetable peeler or knife. Slice or quarter into bite-size pieces and enjoy kiwifruit's refreshing taste.



Make Kiwifruit Part of Your 5-10 A Day Plan: It is easy to include kiwifruit in your 5-10 A Day Plan. Kiwifruit comes with its own serving cup. Just cut them in half through the middle and scoop out each half with a spoon. Add one to your lunch box. For a spicy delicious treat use it in making salsa to serve over your favorite meat. Peel and slice kiwi to use in a fruit salad or top your favorite cereal in the morning. Garnish breakfast, lunch, and dinner entrees with kiwifruit slices or wedges.



Little known Facts: Did you know kiwifruit can also be used as a natural meat tenderizer? That's because kiwifruit contains an enzyme called Actinidin. Just cut in half and rub kiwifruit over the meat, or peel and mash with a fork then spread it on the surface of the meat and let stand for 10 to 15 minutes or longer. The enzyme Actinidin also breaks down protein in dairy products. That's why when kiwifruit is combined with low fat ice cream, yogurt or sour cream, it's best to serve and eat it right away.



Tangerine Kiwifruit Salad with Cranberry Dressing

Easy No cooking

Source: PBH/Sunkist Growers, Inc.

Lettuce leaves

2 Tangerines, peeled, thinly sliced

2 Kiwifruit, peeled, thinly sliced

Tangerine peel strips (optional)

1/2 c Whole cranberry sauce (for Dressing)

1/2 c Nonfat strawberry or mixed berry-flavored yogurt (for Dressing)

On 4 salad plates, arrange lettuce leaves. Arrange tangerine and kiwifruit slices over lettuce. Spoon dressing over salads. Garnish with strips of tangerine peel if desired. Makes 4 servings.

Cranberry Dressing Preparation:

In blender container combine cranberry sauce and yogurt. Cover and blend until smooth. Makes about 1 cup.

Calories: 131, fat: 1 g, percent of calories from fat: 4%, cholesterol: 1 mg
fiber: 2 g, sodium: 32 mg

Easy Fruit Mix

Combine kiwifruit slices, pineapple chunks, strawberry halves, banana slices and pitted cherries. Add a touch of orange juice concentrate and top with some fat free whipped topping.

Fat-Free Kiwi Mango Salsa

1 Kiwi
1/4 c Mango
1 T Cilantro, chopped
2 t Lime juice
1/2 t Minced chilies
Pinch of salt



Peel kiwi and cut into eighths and then dice. Place diced kiwi in bowl and mix gently with other ingredients. As an alternative, substitute 1/4 c dried figs for the mango. Makes 1 serving or 1/2 cup.

Calories: 48, fat: 0 g, sodium: 79 mg
Source: PBH

Tropical Fruit Sundae

Source: PBH/Steve White

Requires No cooking

- 1 c Pineapple (fresh), bite size
- 1 c Strawberries (fresh), sliced
- 3 Kiwifruit, sliced
- 1 c Sapote (sliced) (2-3 fruits)
- 1 Orange, sectioned
- 2 t Lemon juice
- 1/2 c Pina Colada yogurt
- 6 T Peanuts, chopped
- 8 Maraschino cherries



Combine first five ingredients and coat with lemon juice. Divide fruit among 8 five-ounce stemmed glasses. Top with yogurt, then nuts, then cherry. Refrigerate. Makes 8 servings.

Calories: 110, fat: 4 g, percent of calories from fat: 29%, cholesterol: 1 mg
fiber: 2 g, sodium: 12 mg

Fruit Compote Crepes

Requires No cooking

Source: PBH/Frieda's, Inc.

- 1 c Strawberries, sliced
- 2 Kiwifruit, peeled and sliced
- 1 Navel orange, halved, peeled, and sectioned
- 1 Cherimoya, peeled, seeded, and chunked or 1 cup pineapple chunks
- 1/2 c Red or green seedless grapes, halved
- 3 T Grand Marnier or Triple Sec Liqueur (optional) or orange juice concentrate
- 4 Crepes at room temperature
- 4 T Light frozen non-dairy whipped topping, thawed
- Fresh starfruit slices, or mint for garnish

In bowl, toss together fruit; spoon Grand Marnier or orange juice concentrate over. Chill for up to several hours. To serve, divide fruit among 4 crepes; fold crepes over fruit. Top each crepe with 1 Tbsp. whipped topping. Makes 4 servings.

Calories: 301, fat: 3 g, percent of calories from fat: 11%, cholesterol: 41mg
fiber: 7 g, sodium: 120 mg

Turkey and Kiwifruit Pasta Salad

Source: New Zealand Kiwifruit Marketing Board

1/2 c Wine vinegar
2-1/2 T Olive oil
2 T Dijon mustard
2 t Basil
1 clove Garlic (large), minced
1 pkg (8 oz.) Spiral noodles
2 c Broccoli flowerets
2 c Crookneck squash, sliced
3 Kiwifruit
1 lb Cooked turkey breast, slivered
1 c Red pepper strips
1/2 c Green onions, sliced
1/3 c Parmesan cheese, grated

Combine vinegar, oil, mustard, basil, and garlic; mix well. Cook noodles as package directs. Add broccoli and squash last 30 seconds of cooking the noodles and drain. Pour dressing over noodles, and allow to cool. Peel and slice kiwifruit. Toss turkey, red pepper, green onions and kiwifruit with pasta. Sprinkle with Parmesan cheese to serve. Makes 8 servings.

Calories: 288, fat: 9 g, percent of calories from fat: 29%, cholesterol:
71 mg, fiber: 3 g, sodium: 180 mg

Broiled Summer Fish with Fruit Salsa

Source: PBH/Jennifer Russ

1-1/2 lbs Tuna steaks
1 Peach (ripe)
1/2 Avocado (ripe)
1 Banana
4 Strawberries (large, ripe)
1 Kiwi
1/2 c Pineapple
1/4 c Red or vidalia onion
2 T Fresh ginger
1 t Olive oil
2 T Lime juice

For salsa: wash and cut all ingredients (except fish) into very small pieces. Mix with oil and let stand in refrigerator for 1-2 hours. Grill or broil fish, seasoned with fresh cracked black pepper until done, about 10 minutes per inch of fish. Top fish with fruit salsa. Makes 6 servings.

Calories: 216, fat: 7 g, percent of calories from fat: 30%,
cholesterol: 67 mg, fiber: 2 g, sodium: 35 mg

New Zealand Brown Rice Salad

Source: PBH/ENZA Fresh Inc.

1 c Brown rice
2 Kiwifruit
1 Braeburn or Fuji apple
1/2 c Celery, thinly sliced
1/2 c Red pepper, cut into strips
1/4 c Walnut pieces, toasted
1/4 c Green onions, thinly sliced
2 T Parsley, chopped
3 T Sherry vinegar
1 T Olive oil

Cook rice according to package directions. Drain and cool. Peel kiwifruit and cut into 1/4 inch thick slices. Cut slices in half to form half circles. Core and dice apple into 1/2 inch cubes. In a salad bowl, toss together rice, kiwifruit, apple, celery, red pepper strips, walnuts, green onions and parsley. Mix together vinegar and oil; drizzle over salad. Toss to mix well. Cover and refrigerate 1-2 hours to allow flavors to blend before serving. Makes 6 servings.

Calories: 202, fat: 7 g, percent of calories from fat: 29%,
cholesterol: 0 mg, fiber: 4 g, sodium: 304 mg